

## YOUR HEALTH

### Just What Happens in Mitral Valve Insufficiency

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Commissioner of Health, New York City

EVERY ONE has a fear of heart disease. Of course this is a foolish fear, but, for that matter, every fear is a foolish fear. So many heart disturbances are purely functional that you need not worry over heart disease unless your doctor warns you of danger.

We speak of "functional" disease when we mean that the action is not good. The heart is entirely normal in its structure, all the parts are there, but it does not run smoothly.

In organic disease there is destruction or rupture of one or more parts. In organic heart disease the valves may be broken or so diseased that proper action is impossible.

The most common form of organic heart disease is called "mitral valve insufficiency." About one-half of all the diseases of the heart take this form.

To understand what this is we must understand just what the mitral valve is and does.

The mitral valve prevents the blood from flowing backward when the heart contracts. It shuts off the doorway leading to the upper room of the heart, so that the force of the heart contraction pushes the blood out into the body to do its important work.

If something happens to this valve much of the heart's force is wasted. Then nature must find a way to assist the weakened heart in this vital function of circulation. To this end the constant efforts of the heart are rewarded, and the muscular walls of this portion of the organ become thick and strong. This condition is called "compensation."

The most common cause for mitral insufficiency is rheumatism. Sometimes hardening of the arteries may be a factor.

Young persons from 20 to 30 years of age are most frequently the victims of this form of heart disease.

The paleness of the face gives evidence of mitral insufficiency. The ears and lips are bluish dusky.

Until compensation is established breathing may be difficult. The forcing of the blood back to the upstairs room of the heart interferes with the admission into this space of the blood returning from the lungs after its congestion.

Therefore, there is congestion of the lungs and a short, hacking cough. Sometimes the patient coughs up frothy mucus.

When compensation is established these symptoms disappear, only to return if the compensation is "broke." This is apt to occur if the patient neglects the rules of simple living. Then all the original symptoms recur. Difficult breathing, cough, stomach and intestinal disorder, swelling of the feet, and, less commonly, pain. Abnormal sounds, or murmurs, are heard on examination of the heart.

Absolute rest is essential until compensation occurs. The patient should go to bed, and, to relieve the breathing, may need to be propped up in bed.

Simple food, avoidance of large quantities of water, and warmth of the body will all help.

Mental poise, avoidance of emotion, and the quietest of lives are necessary. When compensation is established the patient may return to his former life.

The family doctor will prescribe remedies for the relief of symptoms as they appear.

#### Answers to Health Questions

ANXIOUS. Q.—The nerves in my legs and hands are so sensitive I cannot go in the water I twitch so. At night I do not sleep very well. What can be done for this?

A.—Stomatitis is difficult to relieve because it demands so much faith and persistence. You require a thorough physical examination, including the teeth, tonsils and urine. The intestinal tract must be made to function. Sleep, rest, fresh air, gentle exercise, change of scene and diversion are essential. With good sense and proper care you will feel yourself once again.

G. A. K. Q.—Can a person who is hard of hearing be cured?

A.—It is harmful to the ears if treated by a chiropractor.

A.—It depends on the cause. Sometimes it can be cured.

B.—Some people are firm believers in chiropractors.

A. B. Q.—How can I get rid of freckles?

A.—If I were you I should leave them alone.

R. B. Q.—Will you kindly tell me how I can have nice plump legs? I am 14 years old, and feel very sensitive about my legs.

A.—Depend on weight your legs will plump.

MRS. C. R. Q.—Will you kindly advise me some remedy to remove warts from my hands?

A.—A silver nitrate stick applied to the warts will remove them.

MRS. D. K. W. Q.—Will you kindly advise me where I can get a thorough physical examination? I cannot very well afford to pay, and am not very well acquainted in the city.

A.—Apply at any hospital clinic for examination and treatment.

P. P. P. Q.—I am 30 years old. My height is five feet seven inches, and although my weight is 140 pounds, my face is very thin. What shall I do to fatten it up?

A.—Don't worry. Time will take care of it.

R. B. Q.—Is there any way to rid my hair of pediculosis?

A.—Soak your hair at night in kerosene and olive oil, equal parts. Leave on all night. In the morning wash with hot vinegar, followed by hot water and soap. Afterwards fine comb the hair thoroughly. Repeat this treatment if necessary.

Dr. Copeland will answer for readers of this paper questions on medical, hygienic and sanitation subjects that are of general interest. Where the subject of a letter is such that it cannot be published in this column, Dr. Copeland will, when the question is a proper one, write you personally, if a self-addressed, stamped envelope is enclosed. Address ALL INQUIRIES to Dr. R. S. Copeland, in care of this office.

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BELIEVE BOMBING RESULT OF FEUD

CHICAGO, June 29.—Underworld war resulted in the bombing of a saloon and firing of several shots into a dwelling here early today, according to police.

The saloon of Andy Wilson was bombed and demolished. Police who investigated went to the home of Tom O'Neill where it was found several shots had been fired into the house.

Wilson is being held and O'Neill

## Confessions Of A Husband!

### The Man's Side of Married Life

The Salter Person Calls on Me.

The Salter person entered my office with his quick, nervous steps.

He bowed very formally in his foreign way, said something about having had the pleasure of meeting me socially, and then abruptly, hardly giving me a chance to put in a word, launched into the subject of his visit.

I had felt that his call was associated in some way with Edith. Of course, I would have refused to discuss her in any manner with him, and I was ready to throw him bodily out of the office in case he became the least bit offensive.

I was anything but friendly to him, not so much because of anything he himself had done, but because Edith had deceived me about his return to Europe. Somehow or other I blamed him for that.

"This matter seemed so important to me," he said, "that after I had engaged passage on La Lorraine they cabled me to stay here and attempt to reach an understanding about it—in fact, I was ready to stop into a taxi to go down to the pier when their message was handed to me. You can appreciate that."

So Edith had told me the truth after all! I was glad to know that. It restored my respect for her and, in some measure, my respect for myself. It made our friendship—or whatever you might call it—rest on a more secure ground than intrigue and deceit.

I now listened attentively to what Salter had to say. For all his mincing, affected manner he impressed me as being a pretty good business man.

On paper, at least, the plan he offered for doing business with France, despite the high exchange rate, by exchanging raw materials for finished products, looked promising.

But I knew my firm was too conservative to engage upon so highly speculative a venture, and I told him so very frankly.

However, I felt fairly well disposed toward him now, and I gave him

the names of a couple of men who I thought might be interested.

He thanked me with apparent sincerity, and then, with the grace of a dancing master, bowed himself out of my office.

He had hardly closed the door behind him when Miss Perkins, who had been almost bubbling over with suppressed excitement, burst out with:

"Why, that's the gentleman I saw dancing with Mrs. Slocum at Come On Inn last night!"

"Isn't that a coincidence!" I did not know whether or not to pretend to be surprised.

"But his name isn't Slocum," the stenographer insisted. "I thought you said he was her husband."

"On the contrary, I wasn't there, and so I couldn't have said anything of the sort."

"But I told you just what he looked like and you never said a word!"

"Really, Miss Perkins," I replied very virtuously (I didn't know what else to say), "I don't think we have any right to use the firm's time to discuss our private affairs."

POLICE CAPTURE WOMAN BANDIT

CHICAGO, June 29.—A woman bandit armed with a .45 automatic pistol and a supply of extra cartridges in her hand bag was captured with a man companion early today on the south side after a bit pistol battle and chase. The couple were in a small truck and had endeavored to hold up another car when detectives came along in a fluster. The bandits were firing at their intended prey. The police took up the battle, puncturing two tires and sending the bandits' car into a ditch. The woman gave her name as Mary Franklin, 33, and the man said he was Sam Tyler, 42. The chauffeur of the bandits car escaped.

### Lady Churchill, Mother of Noted Statesman, Dead

LONDON, June 29.—Lady Randolph Spencer Churchill, an American woman, died at her London home today as the result of an infection arising from an amputated foot. Lady Churchill recently suffered a fall in which her left foot was injured. An operation was performed but a poisoning developed.

Lady Churchill was the mother of Winston Spencer Churchill, secretary of state for the colonies in the British cabinet. Before her marriage to Lord Churchill in 1874, she was Miss Jennie Jerome, daughter of Leonard Jerome of New York. Her first husband died in 1895 and she married George Cornwallis-West, whom she divorced in 1913.

WOULD "GET EVEN."

CHICAGO, June 29.—Chicago's policemen are looking for a good chance to catch any of the city's oldsmen in a scrape. The oldsmen voted a pay boost for themselves and refused to give one to the cops.

## Specially Priced Boys' Bargains at Spiro's

—for—

Thursday, Friday and Saturday  
EVERY item here is greatly underpriced. Mothers will welcome this chance to make substantial savings in outfitting son for his vacation and even for school next fall.

### 150 Spiro Extra Quality Boys' Suits at \$12.75

\$18.50, \$20, \$22.50 Values

Remember, these suits are all thoroughly dependable all wool fabrics of Spiro standard quality. Most of the suits have two pair full lined knickers—coats alpaca lined. Made for active, fun-loving boys 9 to 18 years old; the former prices were \$18.50, \$20, \$22.50; for this week's sale your choice at..... **\$12.75**

### \$4, \$4.50, \$5 Boys' Wash Suits at 2 for \$5

Wash Suits of unusual merit; made to fit right; choice of Midway and Oliver Twist styles for boys 2½ to 8 years; real, peppy models in pleasing color combinations; all guaranteed fast colors; a bargain feast of real \$4, \$4.50 and \$5 values. **\$5** at 2 for.....

### Boys' Genuine Palm Beach Cap; pleated back style; grey and sand shade; special at \$1.50

Black Pigskin Traveling Bags, leather lined; sewed frame; last year these were \$25; special this week **\$12.50** at.....

One lot of Boys' Wash Suits, Oliver Twist style; just odds and ends; former values to \$3.50; for this week while **95c** they last.....

### Any Boy or Girls' Straw Hat at ½ price

All styles for tots from 1 year to girls of 14 years. The colors are brown, blue and black. As long as they last this week at **HALF PRICE**

### Any ladies' Bathing Suit \$6 in the store at \$12.50 Values to \$12.50

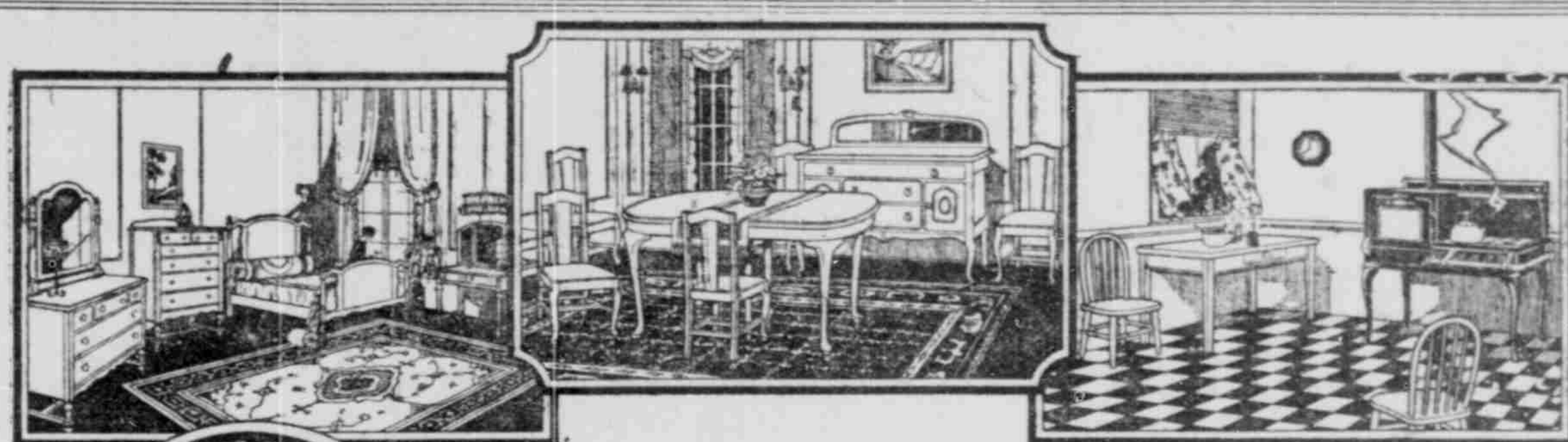
Boys' Summer Underwear, sizes 6 to 14 years; nainsook athletic style; 75c values **50c**—special at a suit.....

Boys' Washable Norfolk Suits—a special lot of 15 suits; sizes 10 to 16 years; values to \$10; to close out **\$2.95** at.....

One lot Boys' Wash Knicker Pants, mostly sizes 12 to 17 years; 30 pairs in all; while they last at..... **75c**

## Sam'l Spiro & Co.

Home of Hart Schaffner & Marx Clothes



## A Real June Bride Outfit

4 ROOMS COMPLETE **\$534**

#### KITCHEN

Cabinet size range, full sized Kitchen Cabinet, drop leaf kitchen table and chair—**\$100** 4 pieces.....

#### DINING ROOM

6 piece walnut finish dining suite, Queen Anne style—oblong table, large sized buffet and 4 genuine leather slip seat chairs, **\$145** 6 pieces.....

#### BED ROOM

3 piece bedroom suite in Ivory—Large dresser, full sized bed and dressing table, with bedroom chair—4 pieces... **\$125**

#### LIVING ROOM

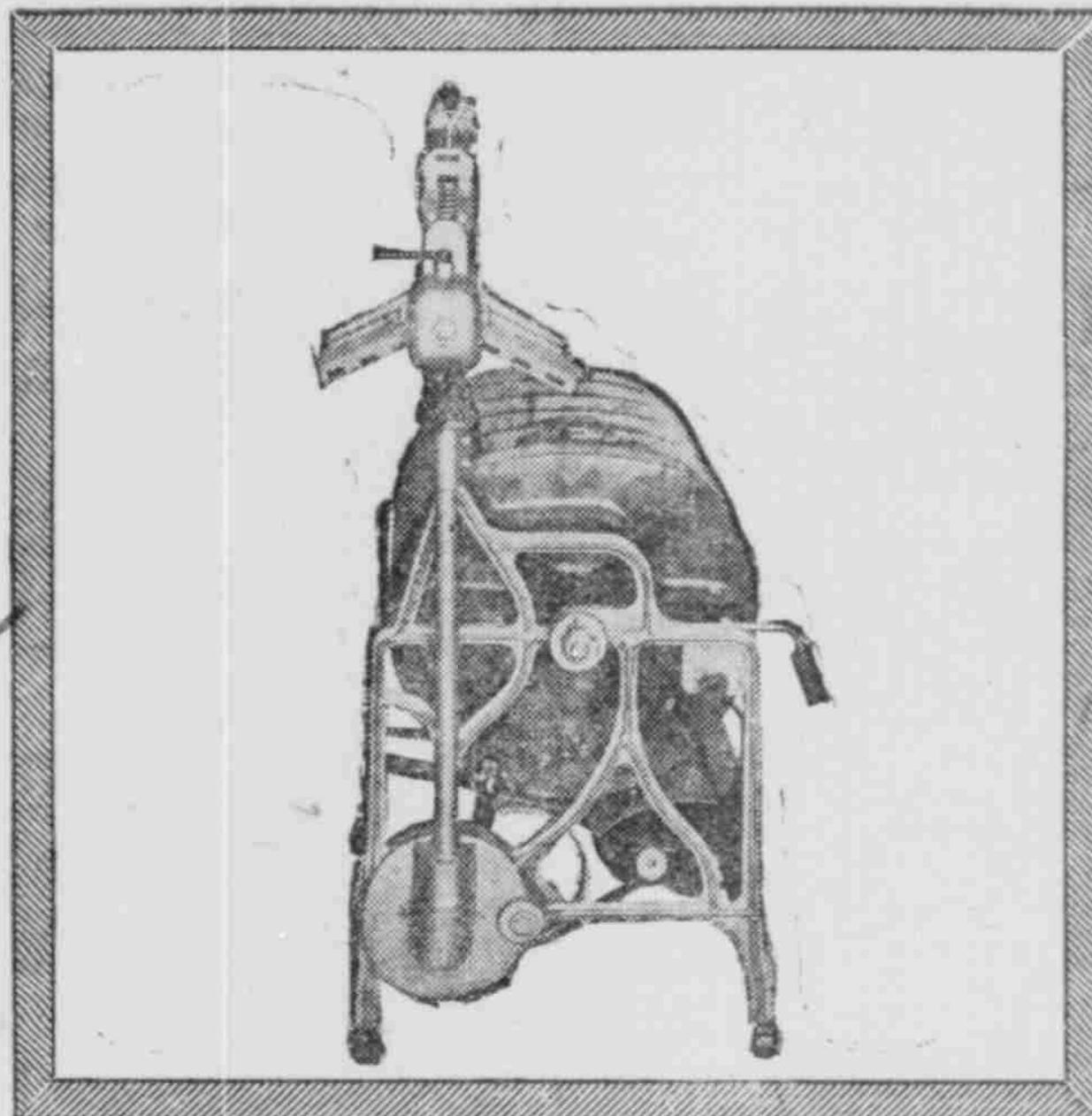
2 piece Mahogany suite—Library table, cane back rocker, Grafonola and Pedestal, Floor Lamp—7 pieces... **\$169**

**Ries Furniture Co.**

SEE THIS OUTFIT IN OUR SOUTH WINDOW

## At The Exposition

BOOTHS 13 AND 14---NORTH WING



SEE THE

# Coffield

that stood up under the gruelling strain of doing 20 years work in 12 months

20 years work in 12 months!

And still in as good running order as it was when it left the factory.

Think what such a washing machine would mean in your home. A lifetime of service. Hundreds of hours more for recreation and enjoyment. Clean clothes for your entire family every week at a cost of only a few cents. For this record making Coffield, owned by A. S. Sharick of Niles, Mich., is no different than the one you will get. A lifetime of honest, economical service is built into every "Coffield" that leaves the factory. That's why we stake our entire reputation on the statement that "The Coffield" is the best electric washing machine on the market at any price.

The latch-string is out at our exhibit. Come in and enjoy yourself.

THE BIG ELECTRIC SHOP  
**S.D. Moran & Son**  
132 North Michigan St.